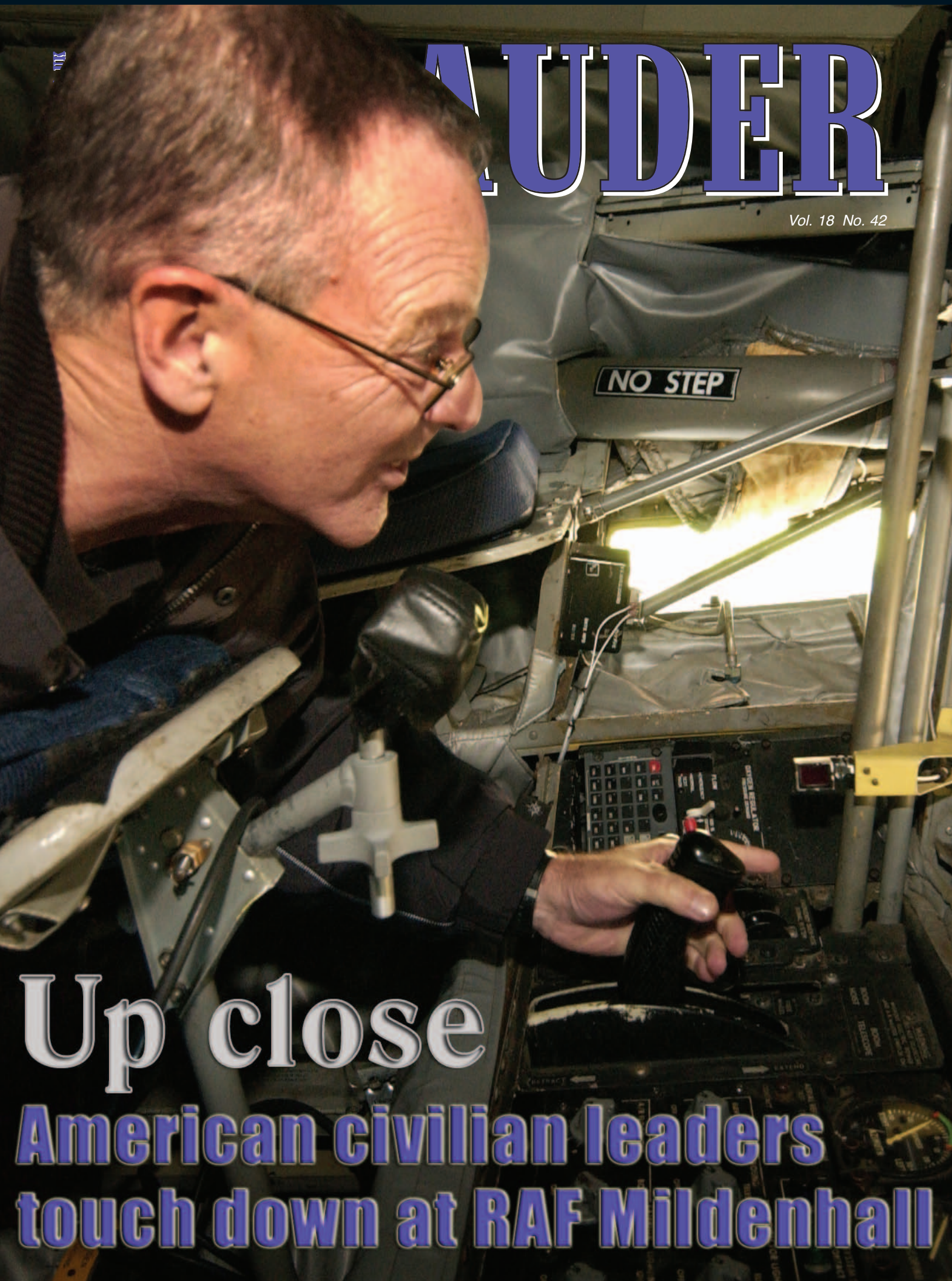


Force shaping board to meet  Get ready for fireworks

# MAUDER

Vol. 18 No. 42



Up close  
American civilian leaders  
touch down at RAF Mildenhall



## Proudly serving in East Anglia since 1943 **MARAUDER**

VOLUME 18, No. 42  
Oct. 28, 2005



### On the cover

Bill Beesting, assistant dean of undergraduate studies for Florida International University, experiences life as a boom operator in a KC-135 static display during the Joint Civilian Orientation Conference, which visited RAF Mildenhall Oct. 21. Forty-five civic, business and industry leaders participated in the conference. For more, see Pages 12-13. (Photo by Staff Sgt. Suzanne Day)

## Action Line

The Commander's Action Line is a direct avenue to me addressing your issues, complaints or suggestions. When normal chain of command policies have not been able to resolve your concerns, e-mail the Action Line to [action.line@mildenhall.af.mil](mailto:action.line@mildenhall.af.mil), mail to 100ARW/PA, Unit 4890, Box 190, APO AE 09459, or call 238-2426 or 01638-542426.

To receive a reply, spell out your last name and leave a P.O. box and telephone number. Matters of base-wide importance may be published in the Marauder.



PHOTO BY AIRMAN SHAWNA PATRICK

Get the whole story on Pages **12, 13**

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## Did you know?

**M**ilitary men are not authorized to wear earrings at any time on military installations, or while conducting official duties, regardless of location.  
~ Team Mildenhall First Sergeant's Council

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◆Servicemembers and their families are encouraged to submit any articles that inform, educate or entertain *Marauder* readers, including stories highlighting individuals for exemplary service or unique unit training.

◆E-mail submissions to: [Marauder@mildenhall.af.mil](mailto:Marauder@mildenhall.af.mil).

# Self improvement



## USAFE Airman Information File

October 2005

*"Victory smiles upon those who anticipate the changes in the character of war, not upon those who wait to adapt themselves after the changes occur."*

— Italian Air Marshall Giulio Douhet

Self-improvement in support of anticipated mission requirements is at the heart of everything we do as members of the profession of arms — especially in our dynamic world. It is the intrinsic factor that you bring to the fight. Personal improvement builds upon what you are trained to do and what you are capable of doing. Your efforts to improve can directly impact the mission.

Your focus should be on deliberate self-improvement — not "square filling." You must tailor your efforts to improve areas that lead to value-added contributions to the mission and combat readiness should be your first concern. Every combat veteran will attest that personal readiness can mean the difference between mission success or failure on the battlefield. As an example, personal fitness is more than the ability to run, do a few push-ups, and crunches — it is developing the mental and physical acuity necessary to outperform your adversary. In identifying an area for self-improvement ask yourself, "Will my improvement in this area benefit the mission?" If you answer "yes", pull the trigger and dedicate yourself to achieving that goal.

Expect challenges along the way — no real goal is without adversity. Go around them, go over them, go under them, or dig through them. Be

relentless — don't ever turn back. Make self-improvement goals the dominant focus in your life. It is a known fact that successful people make an "obsession" of their self-improvement goals. Benjamin Franklin's entire life reflected his belief in self-improvement — a model of the self-made man. He worked constantly to improve and became one of the most respected intellects of the Western world.

There are many resources available to you in your quest for focused self-improvement. Combat Education is designed to assist you in removing obstacles in pursuit of educational goals. USAFE University stands ready to bolster any technical, professional, or educational goal you may have. Supervisors will mentor and guide you in attaining the resources you need.

The message is clear — develop a professional edge on your competition. We give you the tools and training needed to do your job, and you bring the courage, determination, and passion to excel. Your personal contributions are what make our Air Force the most feared and respected in the world — every day you improve, we all get better!

  
General Doc Foglesong  
CMSgt Gary Coleman

## Your voice matters, share through AF Climate Survey

BY COL. MICHAEL S. STOUGH

100th Air Refueling Wing commander

**A**s I write this, we just finished our initial briefing with the IG team. I don't have a crystal ball, but I'm pretty sure you're about to make me very proud, and the IG will simply validate the fact that you know how to generate combat power on a daily basis. I thank you in advance for the excellence and dedication you're about to display.

As we put the ORI behind us, we need to hold on to those practices and attitudes we developed as we prepared for our inspection. We all know life is dynamic and that all systems are in a continual state of decay. That's why we exercise personally to stay in shape, and exercise as a unit to ensure our key processes continue to run smoothly. That's also why we conduct climate assessments on a regular basis. The feedback from these assessments helps commanders and supervisors maintain and improve the readiness and climate within their units.

Many of you are probably asking, "Why bother?" You probably think no one pays attention to the results anyway. Nothing could be further from the truth. I can personally attest that commanders and supervisors

anxiously await assessment results, because they view them as a personal report card on their success as a leader. Every factor is analyzed and compared against the leaders' own perceptions of the organizational climate. Every comment, whether positive or negative, is reviewed more than once as leaders try to determine what needs to be adjusted and what's working fine. Most importantly, the report as a whole helps leaders develop a blueprint for the future in order to make their people feel valued and successful and their units better able to accomplish their mission.

Believe me, your voice matters. And between now and Nov. 23, you have a chance for your voice to be heard at the highest levels of command. The Air Force Climate Survey is in full swing, and our leaders are very interested in what you have to say.

They want to know if you feel valued and recognized, if you feel like you're contributing to something important, and if you feel like your needs are being addressed. They want to know if you're overworked, if your family is happy, and if you have the tools to do your job. They want to know what processes or policies hurt your productivity, and they want to know what you personally see as the top

issues affecting the Air Force today. I want to know that information as well. Your voice will be heard — anonymously — on this base.

I ask each and every one of you to take the time to complete this critically important survey. Your inputs will help me make this wing a better place to live and work, and to make sure you have the tools and policies that will help you better accomplish your mission. With this survey, you truly can "speak today" and "shape tomorrow."

### Let your voice be heard!

The Air Force Climate Survey, themed "Speak Today, Shape Tomorrow," provides a unique total force perspective and includes active-duty, Reserve, Air National Guard and both appropriated and nonappropriated funded civilians. The identities of each participant are protected and every response is reviewed for consideration.

The survey is available and can be accessed, from work or at home, through Nov. 23 online at <https://afclimatesurvey.af.mil>.

24 days since last DUI

Condition Yellow

Airman Against Drunk Driving saves this month: 27

To get home safely, call AADD at 0800 3280178



# Force shaping board meets in 2006

BY MASTER SGT. MITCH GETTLE

Air Force Print News

A force shaping board will convene in 2006 and continue to meet annually to properly shape the officer corps to meet emerging Air Force needs.

Instituted by the Air Force, the board will be a regular aspect of force management and development in the future.

Authorized by the secretary of the Air Force, the board convenes at the Air Force Personnel Center at Randolph Air Force Base, Texas, in April.

Force shaping efforts started in 2004 and evolved in an effort to meet congressionally mandated fiscal year end strength requirements and maintain a balanced force.

"The force shaping board is another aspect of our force management and development," said Brig. Gen. Glenn F. Spears, Air Force director of force management policy. "We must have a balanced force of officers and enlisted

Airmen to meet the missions of today and tomorrow."

The Air Force began fiscal 2006 with a force imbalance. It was under strength by approximately 6,000 enlisted and over strength by approximately 3,000 officers.

A current excess of nearly 4,000 officers — primarily from the 2000 to 2004 commissioning years — make worse the imbalance and has a long-range impact on the effective development of the officer corps and the ability to access sustainable numbers of enlisted Airmen.

Despite an aggressive voluntary force shaping campaign, the Air Force has not achieved the balance of officer to enlisted Airmen through existing voluntary means.

Congress recently gave each service secretary increased authority to proactively manage their junior officer corps through force shaping efforts.

"The Air Force values the service and sacrifice of all Airmen who volunteer to serve, and separating officers is a difficult decision that we do not take lightly,"

General Spears said.

"This first force shaping process will 'select-in' approximately 7,800 line officers commissioned in 2002 and 2003 to continue to serve in our active Air Force."

Eligible officers may continue to apply for voluntary separation until March 1, 2006, using the force shaping initiatives already approved.

Subsequent boards will consider officers commissioned three years earlier. For example, the 2007 board will evaluate officers commissioned in 2004.

"We value the service of all our Airmen," General Spears said. "Voluntary force shaping initiatives, and the force shaping board, are key aspects of our force management and development.

"Our Airmen have many opportunities to serve — in the Air Force Reserve or Air National Guard, as Air Force civilians or in the Army," the general said.

"We encourage Airmen in the affected year groups to pursue those opportunities to continue service to our great nation."

Calling all active duty line officers from 2002, 2003 ...

## Personnel center will conduct force shaping board

In an effort to right size and shape its future force, Air Force officials approved an annual board to evaluate officers for continued service at their three-year point. The board will be part of the service's force management program.

The first Force Shaping Board is scheduled to convene at the Air Force Personnel Center at Randolph Air Force Base, Texas, April 3, 2006.

The board will evaluate active duty line officers in the 2002 and 2003 accession year groups — except officers with less than two years current active service or 15 or more years of active service as of Sept. 29, 2006.

The board's objective is to shape the future force by retaining officers the Air Force needs to develop as future leaders. The board will make its determination based on the information in the officers' central selection record and Retention Recommendation Form.

The central selection record includes:

- ◆ Officer selection brief.
- ◆ Officer performance reports.
- ◆ Decorations.

◆ Letters of evaluation. Permanent change of station students (such as those at intelligence school or attending the Air Force Institute of Technology) will not have a completed an Retention Recommendation Form. Instead, their host wing commander will complete a letter of evaluation outlining the officer's training program and performance.

◆ Letter to the board. Board-eligible officers are authorized to submit a letter to the board to provide additional information relevant to the board decision process that is not included in any other documents in the central selection record.

◆ Retention Recommendation Form: The first O-6 or GS-15 in the

officer's chain of command will write a nine-line narrative and make a recommendation. The senior rater will review the form and either concur or non-concur with the initial reviewer's recommendation. The senior rater will also provide a mandatory ranking on all officers in their unit by accession year group and Air Force Specialty Code.

A general officer is scheduled to visit nearly every base to further explain the board process and how it fits into the service's overall force management program. Likewise, they will ensure Airmen are aware of the current voluntary separation initiatives.

Air Force leaders had hoped to reduce the line officer corps through a robust voluntary Force Shaping Program. The program continues to offer interested officers the following separation options, which may also include a waiver for recouping education costs:

### Voluntary Separation Programs

◆ Limited Active Duty Service Commitment waivers: This program allows individuals to separate before the expiration of certain active duty service commitments.

- ◆ Air Force Reserve Palace Chase
- ◆ Air National Guard Palace Chase
- ◆ Army Blue to Green

Opportunities exist for Airmen to continue to serve their country through federal civilian employment.

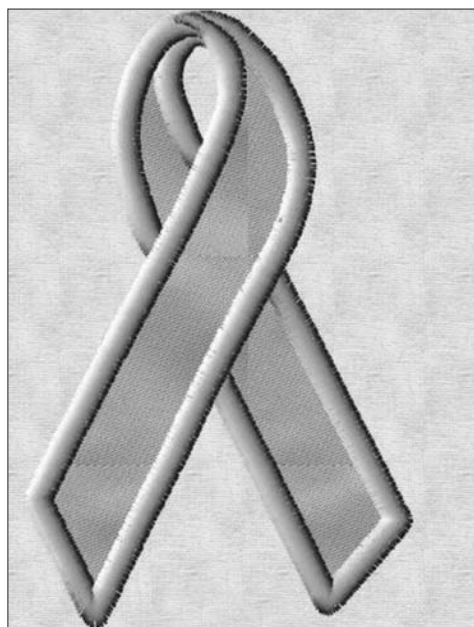
On March 1, these voluntary initiatives close to FSB eligible officers as the personnel center will no longer accept separation applications from these officers.

For more information about the board and volunteer separation opportunities, visit the AFPC Force Shaping Web site, at [www.afpc.randolph.af.mil/retsep/shape.htm](http://www.afpc.randolph.af.mil/retsep/shape.htm), or call the Air Force Personnel Contact Center at (800) 616-3775.



## Raising awareness

The Pink Ribbon is worn to raise awareness about the devastating number of women that breast cancer affects, and to encourage support toward finding a cure. October is Breast Cancer Awareness Month.



COURTESY GRAPHIC

## Breast Cancer Awareness Month

# Best protection is early detection

**M**ore than 200,000 women in the United States will be diagnosed with breast cancer in 2005 and about 40,000 women will die from the disease this year, according to the American Cancer Society.

It is also the second leading cause of cancer death in women after lung cancer.

Risk factors associated with breast cancer include being a female; a personal history of breast cancer; previous biopsies for benign breast disease; having a mother, sister, or daughter who has had breast cancer; excess exposure to radiation; and age. According to the ACS, approximately eight out of 10 breast cancer cases are in women over age 50.

Additional risk factors include alcohol intake beyond one drink a day; starting menstruation before age 12; menopause after age 50; no pregnancies or first childbirth after age 30; and lengthy use of hormones after menopause.

### Best protection is early detection

Breast cancer is most curable when it is caught in the earliest stages. The size of a breast cancer and how far it has spread are the most important factors in predicting the prognosis — the outlook for chances of survival — of a woman with this disease. Early diagnosis of breast cancer greatly improves the likelihood that treatment will be successful. Screening examinations for breast cancer save many thousands of lives each year.

The goal of screening examinations for early breast cancer detection is to find cancers before they start to cause symptoms. Research has shown that monthly breast self-exams and self-awareness are the best way to detect

potentially cancerous lumps and other breast changes.

Beginning in their 20s, women should learn about the benefits and limitations of BSE and begin monthly BSE. Clinical breast exams are done by a provider and should be done annually for all women ages 40 and older and high-risk women ages 19 to 39, or as directed.

Another screening tool available is the mammogram, an X-ray screening used to evaluate breast tissue. Ask a provider when to begin mammograms.

They should be done every one to two years beginning at age 40.

Always call a provider promptly if any of the following are noticed: a lump, breast thickening or change in breast shape; nipple discharge; skin dimpling, puckering or change in color or texture; or breast swelling, redness or heat.

### Reduce the risk

Lifestyle measures that may lower breast cancer risks include: weight control, a regular exercise routine and limiting alcohol to less than one drink a day.

Choose a diet low in animal fat and protein and rich in fruits and vegetables — five to nine servings a day. These lifestyle changes help build overall health, which is a major factor in fighting disease in general.

For more information about breast cancer, breast self-exams, or mammograms, visit the American Cancer Society's Web site at [www.cancer.org](http://www.cancer.org), or call the 48th Medical Group appointment line at 226-8010 or 01638-528010.

(Information courtesy of Air Force Print News)

## NEWS BRIEFS

### Promotion ceremony on

The Team Mildenhall enlisted promotion ceremony is Monday at 2 p.m. in the Galaxy Club. Promotees must be in full service dress and guests should wear uniform of the day.

For more information, call 238-5933.

### Trick or treat

The designated hours for RAF Mildenhall trick-or-treating are from 6 to 8 p.m. Monday.

For more information, call the law enforcement desk at 238-2667.

### vRED updates essential

Team Mildenhall members are asked to verify, and update where necessary, the information held on the virtual MPF Web site. Instructions must be reviewed before updating vRED records.

For more information, call Susan King at 238-4168.

### Survivor benefit plan

Enrolling in the survivor benefit plan at retirement will ensure families of military members have a guaranteed income in the event of the death of their active-duty spouse.

For more information, call Susan King at 238-4168.

### Enforcement of fines

Any Team Mildenhall member, whether active-duty, civilian, or family member, must pay any fines they receive or risk going to court.

Members are urged to contact the court issuing a summons on an unpaid fine to set up a payment plan.

Anyone not paying a fine could receive a custodial sentence. The Bury St. Edmunds magistrates court can be contacted at 01284-352300.

For more information, call Tracey Cooper at 238-3202.

### AADD volunteers needed

Airman Against Drunk Driving is looking for volunteers to drive, work in dispatch and speak at the First Term Airmen's Center.

People volunteering to drive can work from home, providing a contact number is given. AADD hours are 10 p.m. to 6 a.m. Thursdays to Saturdays, and Sundays when the following Monday is a holiday.

For more information or to volunteer, e-mail [aadd@mildenhall.af.mil](mailto:aadd@mildenhall.af.mil).





Wind, wind go away ...

Combat Proud helps clear away autumn debris, keeps base tidy

PHOTO BY AIRMAN 1ST CLASS CECIL MCCLLOUD

**Whistle while you work:** Senior Airman Erik Williams, 100th Communications Squadron, spends time Oct. 19 raking leaves in front of the 100th Air Refueling Wing Headquarters building as part of Combat Proud. Airman Williams was one of many people around base helping clear fallen leaves and beautifying the base ready for the Operational Readiness Inspection which began Monday and ends with the outbrief on Tuesday.



**Autumn is here:** (Above) Autumn leaves were raked into piles by members from the 100th Communications Squadron Oct. 19 as part of Combat Proud. As well as cleaning up the leaves that are continually falling from the trees at this time of year, the 100th CS personnel ensured that base was as clean and tidy as possible, ready for the ORI held this week.

**Let the clean-up begin:** (Left) Airman 1st Class Michael Luna, 100th CS, uses a leaf blower to help tidy the autumn windfall outside the wing headquarters building.





No one comes close ...  
USAFE demonstrates war fighting capabilities to civic leaders

By Karen Abeysakere

100th Air Refueling Wing Public Affairs Office

Looking out over the RAF Mildenhall flightline at the sunny, blue sky, the 45 civic, business and industry leaders witnessed an air power demonstration and viewed static displays.

Chosen from almost 300 nominations, the 45 participants, here as part of the Defense Secretary's 2005 Joint Civilian Orientation Conference, were hand-picked and attended briefings at the Pentagon before touring U.S. Air Forces in Europe and the armed services.

The JCOC takes place in two phases: Phase 1 starts at the Pentagon, where participants receive briefings from senior military leadership. Participants then move on to Phase 2, or the field exercise, where they visit bases representing one of the services, said Lt. Col. Chet Curtis, director of JCOC at the Pentagon.

"These leaders have learned a lot and they've met the men and women of the armed forces," he said. "On this trip they started in Virginia, then flew over to Stuttgart, Germany, to European Command and Special Forces, then to Grafenwoehr to visit the Army. Next we took them to Ramstein Air Base and then brought them to RAF Mildenhall to visit the Air Force," said Colonel Curtis.

The visit provided new opportunities for those participating, including giving one member a family reunion he wasn't expecting.

"On our flight from Virginia, I found out my son was the pilot," said George Knox, President of Labette Community College, in Parsons, Kan. "I didn't realize he was going to be the pilot, since I haven't seen him for about six months, so that was great for me."

Mr. Knox's son is an Air Force pilot, stationed at Little Rock Air Force Base, Ark.

"Seeing all this professionalism makes me proud to be an American," he said, talking about the Air Force and Army bases he'd recently visited. "I was in the Air Force for six years, so I feel like I'm home. I just came back from an airshow so I'm really looking forward to this display."

The JCOC visitors were treated to static displays of a KC-135R Stratotanker, F-15 E, F-15C, and an F-16CJ, and got to talk to the aircrew. They were also shown a display of weapons from the 100th Security

Forces Squadron.

They then watched an air power demonstration involving a simulated attack of a hostile airfield based on the opening days of the war in Iraq. A KC-135R, two F-15Es and two F-16CJs took part in the demonstration, as well as a tactical air control party, which is a team of individuals who coordinate precision air strikes by direct communication with airborne aircraft.

"The primary purpose of the demo is to highlight USAFE capabilities to the dignitaries and to show them what we bring to the fight in the global war on terrorism," said Maj. Scott Dersham, 100th Operations Support Squadron and the main RAF Mildenhall organizer.

The JCOC members seemed to enjoy the air power display and meeting the Air Force personnel.

"The air display was phenomenal, and it gave us a chance to watch our Air Force at work," said Jorge Plasencia, Univision Radio vice president from Miami. "What they demonstrated this morning is what goes on in Iraq and in the field; the way those planes maneuver is awesome. We heard the pilots communicating with their (TACP). Just hearing that conversation, and their concern for the ground troops that are in harms way, was phenomenal."

"I've always respected the military, but after this trip, I have a much deeper respect for the men and women serving our country. I've truly enjoyed the opportunity to see the Air Force at work, and visiting England again," Mr. Plasencia said.

Overall, the event was considered a success and lived up to expectations.

"It was important for us in the Air Force because it was an opportunity to show key members of our civilian citizens back in the United States what we do as part of the U.S. Air Force," said Col. Mike Callis, 100th Air Refueling Wing vice commander.

"As the 100th ARW, 48th Fighter Wing (from RAF Lakenheath) and 52nd Fighter Wing (from Spangdahlem Air Base, Germany,) it's our chance to show off our skills to them as USAFE's hosts for this visit. In the end, hopefully we've developed a better understanding and a better network of folks who understand the Air Force and military in general, who can pass that information out to others," said the colonel.

"I feel this was a 100 percent successful — we had beautiful weather and we had professionals showing their crafts," Colonel Callis said.



Right this way: 1st Lt. David Caswell (center), 351st Air Refueling Squadron, answers questions from JCOC participants about the KC-135R.

PHOTOS BY AIRMAN SHAWNA PATRICK



PHOTO BY AIRMAN SHAWNA PATRICK

**Epitome of air power:** (Above) Capt. Dave Thomas, 494th Fighter Squadron from RAF Lakenheath, and a participant with the Joint Civilian Orientation Conference watch the aerial demonstration here Oct. 20. The JCOC is a week-long, multi-service orientation program for civilian public opinion leaders. The JCOC participants attended briefings at the Pentagon, given by the highest levels of Department of Defense civilian and military leadership. They then spent the rest of the conference at various locations including Stuttgart and Ramstein Air Base, Germany, RAF Mildenhall, and Naples, Italy. The Secretary of Defense takes a personal interest in the JCOC program, and it is the only civilian orientation program sponsored by him.

**Showing 'em how it's done:** (Upper left) A KC-135R Stratotanker performs an air power display with two F-16CJs and two F-15Es at the JCOC conference Oct. 20. Members from RAF Mildenhall showed off their skills and professionalism to the visitors.



PHOTO BY AIRMAN SHAWNA PATRICK

**Weapons display:** Members from the 100th Security Forces Squadron show off weapons from their armory to JCOC participants here Oct. 20. The civilians got a chance to see different aspects of the Air Force and other armed services.



PHOTO BY STAFF SGT. VALERIE SMITH

**Bird's eye view:** JCOC participants stood out on the viewing area at the 727th Air Mobility Squadron Passenger Terminal to get a better view of the air power demonstration.



# Project Wizard offers storytime, crafts



PHOTOS BY KAREN ABEYASEKERE

**What a hoot:** Children made owl puppets during the storytime and crafts event at the library Oct. 19 as part of Project Wizard. Sixteen children attended and had the opportunity to glue and color their puppets. Michelle Deleo and Danielle Huston, both 100th Services Squadron Library employees, read stories to children and help them create different crafts. Storytime is held Wednesdays from 10:30 to 11:15 a.m.



**Crafts with mom:** (Left) Madeline Hubert, 2, daughter of Sara and Maj. Kevin Hubert, 7th Special Operations Squadron, glues part of her owl puppet at the storytime and crafts Oct. 19.

**Finishing touches:** (Above) Baillie Jones, 6, daughter of Heather and Master Sgt. Beau Jones, 100th Communications Squadron, puts the finishing touches to her owl puppet.





PHOTO BY STAFF SGT. SUZANNE M. DAY

**Family reunion:** Air Force 1st Lt. Scott Morrison, a co-pilot with the 351st Air Refueling Squadron at Royal Air Force Station Mildenhall, England, talks with his uncle, William Transier, co-chief executive officer and director of the Endeavour International Corporation in Houston, during the visit of the Joint Civilian Orientation Conference Oct. 21.

# Uncle, nephew reunite in England

## Joint Civilian Orientation Conference offers chance for impromptu reunion

BY ARMY SGT. SARA WOOD

American Forces Press Service

For one participant in the Joint Civilian Orientation Conference, the visit to RAF Mildenhall Oct. 21 wasn't just an introduction to the Air Force; it was a mini family reunion.

William Transier, co-chief executive officer and director of the Endeavour International Corp. in Houston, got to meet up with his nephew, Air Force 1st Lt. Scott Morrison, a co-pilot with the 351st Air Refueling Squadron here.

Mr. Transier said he knew Lieutenant Morrison was assigned to RAF Mildenhall, but didn't know that this base was the one JCOG would be visiting.

"When I saw the schedule and saw that we were coming to the U.K., I got to thinking there can't be that many Air Force bases over here," Transier said. "So when I got here, I started asking

some of the pilots downstairs if they would track him down."

The pilots found Lieutenant Morrison, who said he was surprised to see his uncle, whom he hadn't seen in several months.

"It was awesome," he said. "I was just doing my work and they came and got me."

Lieutenant Morrison has been assigned to RAF Mildenhall for five months, where he last saw Mr. Transier, who had come over for a business trip. Before that, it had been three or four years since the two had seen each other, they said.

Mr. Transier said the conference has been a once-in-a-lifetime experience, because he has seen so many new things and learned so much.

"And I get to be proud of nephews like this that are in the armed forces doing the hard work," he said. "I'm real proud of him and all he's accomplished."

The Joint Civilian Orientation Conference is a weeklong program designed to familiarize civilian business professionals with the military through a worldwide tour of military installations.

The 45 participants in JCOG 70, conducted between Oct. 16 and 22, traveled to Germany, England and Italy after receiving Pentagon briefings and visiting a Marine base in the Washington area.





PHOTO BY KAREN ABEYASEKERE

## Advanced technology

Staff Sgt. Danny Fidler, 100th Communications Squadron, gets information on an interface for a KG-250, otherwise known as a crypto unit, from Ozzie Smith, Via Sat Inc., at the Technology Exposition Oct. 20 at the Galaxy Club. More than 30 exhibitors demonstrated the latest in computer hardware, software and services on offer to the Air Force.

## EVENTS

### Halloween events

◆ A haunted house is today and Saturday from 6 to 10 p.m. at Bldg. 38 at RAF Feltwell. The event is hosted by the 48th Medical Group Rising VI. For more information, call 226-8950.

◆ A haunted house, sponsored by the Boy Scouts of America Troop 215, takes place today through Sunday from 6 to 10 p.m. in the 300 training area (the end of Skelton Drive in Beck Row.) The cost is \$3 or £2, which will go toward purchasing new bows for the troop. For more information, call Tech. Sgt. Bryan Strand at 238-3347.

◆ A Halloween bash and costume party is Saturday from 10 p.m. to 3 p.m. at the Galaxy Club. The event is free to club members and costs \$5 for nonmembers. However, it is only open to enlisted and civilian members. The night includes a DJ, prizes and breakfast. Those attending are encouraged to wear costume. For more information, call 238-2683.

◆ The annual Halloween bash is Saturday at the youth center. Children 5 to 8 are invited from 4:30 to 7:30 p.m. and ages 9 to 13 from 8 to 11 p.m. There will be a haunted house and a variety of games and activities

and hot dogs, burritos and pizza. The cost is \$10 for members and \$15 for nonmembers. For more information, call 238-2831.

◆ A fancy dress contest is Saturday at 1 p.m. in the BXtra for children up to age 16. Prizes will be given for the best costumes. For more information, call 238-2488.

◆ A Halloween bowl is Monday from 6 to 11 p.m. at the bowling alley. The cost is \$1 per game and 50 cents for shoes. For more information, call 238-2348.

### ARC event

The American Red Cross is sponsoring a gift wrapping fundraiser at the BXtra in the holiday season.

To qualify for the event, private organizations must complete and submit paperwork by Monday.

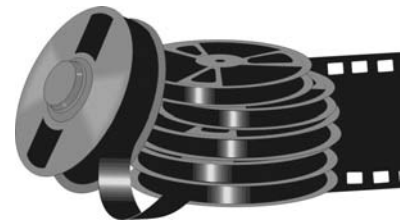
For more information, call 238-2107.

### Yu-Gi-Oh! tournament on

Children 8 and up are invited to a Yu-Gi-Oh! tournament Nov. 5 at 12:30 p.m. at the RAF Alconbury Youth Center. Upper deck rules apply and an Upper deck decklist must be completed.

The cost for ages 8 to 15 is \$3 and for 16 and up is \$5.

For more information or to sign up, call Dave Moreno at 268-3604 or Staff Sgt. Gregory O'Donnell at 268-3477.



## At the movies

Mildenhall

Today

6:30 p.m. "The Skeleton Key" (PG-13) Caroline is a 25-year-old hospice worker who cares for the ailing and the elderly, a job designed to atone for her own mistake for ignoring her dying father in the past, when she was a rock 'n' roll manager. After her latest charge passes away, Caroline takes a job in Louisiana, caring for Ben, a stroke-victim who is bed-ridden and cannot speak. But Caroline becomes suspicious of the house, and Ben's cold wife, Violet, only adds to the creepy atmosphere. After acquiring a skeleton key, Caroline makes her way into a secret room within the attic, where she discovers hair, blood, bones, spells and other instruments for practicing hoodoo. (Stars Kate Hudson and Gena Rowlands)

9 p.m. "Two for the Money" (R) A star college



football player, at the top of his game, blows out his knee forcing him to choose a new profession. He winds up getting into the sports gambling business and is recruited by a man who runs one of the best sports-bookings operations in the country. (Stars Al Pacino and Rene Russo)

Saturday

3:30 p.m. "Freaky Friday" (PG)

6:30 p.m. "Van Helsing" (PG-13)

9 p.m. "Jeepers Creepers" (R)

Sunday

3:30 p.m. "Freaky Friday"

6:30 p.m. "Van Helsing"

Monday

6:30 p.m. "Land of the Dead" (R)

Tuesday

6:30 p.m. "The Skeleton Key"

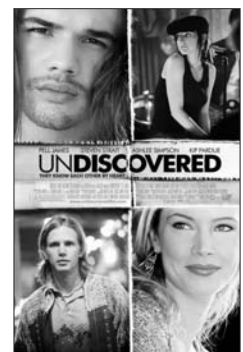
Wednesday

6:30 p.m. "Two for the Money"

Thursday

6:30 p.m. "Undiscovered" (PG-13) An aspiring New

York model falls in love with a struggling musician, when they suddenly cross paths on a subway train. Having achieved success as a model, she decides to move to Los Angeles to launch an acting career. With the support of her agent and sometimes surrogate mom, she lands a spot in a highly sought after acting class, where she befriends another would-be actress. While out on the town discovering the music scene, the aspiring model again crosses paths with the musician.



(Information courtesy of [www.AAFES.com](http://www.AAFES.com).)



## SPORTS SHORTS

### Facilities temporarily unavailable

The following facilities will be unavailable for general use Nov. 8 and 10 as they are being used in support of the 352nd Special Operations Group sports day:

- ◆ Hardstand Fitness Center racquetball courts — Nov. 8 and 9 from 3 to 9 p.m.
- ◆ Hardstand Fitness Center basketball courts — Nov. 9 from 3 to 9 p.m. and Nov. 10 from 9 a.m. to 1:30 p.m.
- ◆ Ford Park — Nov. 10 from 7 a.m. to 2 p.m.

### Aerobics classes offered

Fitness classes are offered at the Main Fitness Center and Hardstand Fitness Center Monday to Friday. Classes include step and interval training, core stability and spinning. For more information, call 238-2349

## Fitness Fundamentals

**T**o add strength to leg muscles and get a cardiovascular workout at the same time, try climbing plain old stairs. This can be done at home, in your office, apartment building or on stair-climbing machines at the gym. Climbing two steps at a time is good for building the quadriceps (thigh muscles) and the gluteus (butt). Going down steps two at a time builds strength in the quadriceps, and, to a lesser extent, the hamstrings.

~ Health and Wellness Center

## Encouraging healthy treats this Halloween can help prevent tooth decay in children

**M**ore than 93 percent of children will go trick-or-treating this Halloween and help the nation consume more than 7 billion pounds of candy this year.

The Academy of General Dentistry recognizes it's unrealistic for parents to prevent children from eating candy, and instead encourages parents to take active steps in preventing tooth decay and promoting good nutrition all year long.

### Add more fluoride

The Centers for Disease Control reports over the past 50 years, the damage caused by tooth decay has been dramatically reduced primarily through the use of fluoride. Using fluoride can prevent tooth decay two ways; brushing teeth with fluoridated toothpaste and drinking fluoridated water.

Children should brush three times a day for two minutes and rinse with a fluoridated mouth rinse. Fluoride treatments, applied directly onto teeth, are also available in any dentist's office.

Fluoridated water can be delivered through the water supply. If that's not an option in the local area, purchasing fluoridated water can be worth the cost in lowered dental expenses.

### Consider Sealants

A dental sealant is a thin plastic film painted on the chewing surfaces of molars and premolars (the teeth directly in front of the molars). Scientific studies have proven that sealants are 100 percent effective in protecting the tooth surfaces from

decay, when applied correctly.

Children are the best candidates for this procedure because the chewing surfaces of their teeth are more susceptible to cavities. Surveys show that approximately two-thirds of all cavities occur in children's teeth because food particles and bacteria are difficult to clean out.

"Sealants are a wonderful option for parents because they provide an extra coating of protection in the pits and crevices on young teeth," said Dr. Julie Barna, spokesperson for the Academy, an organization of general dentists dedicated to continuing dental education.

### Consume food in moderation

Certain foods such as sweets and soda are easily linked to tooth decay, however all foods can promote tooth decay if eaten in excess.

The key is teaching children to eat in moderation and make sure that they take proper care of their teeth.

"While healthy alternatives to candy, such as fruit and nuts, are great, these foods are sticky and can get caught in the pits and grooves of teeth causing decay," said Dr. Barna.

"Reading nutrition labels and being sensible about the foods you and your children eat on a daily basis helps promote good oral and overall health," she said.

*(Information courtesy of The Academy of General Dentistry Magazine and 48th Dental Squadron, RAF Lakenheath)*

## Gridiron Guru

### 'Scruton vs. Scott'

**S**o, you think you know football? Here's your chance to prove it!

Challenge this week's winner by sending an e-mail to [marauder@mildenhall.af.mil](mailto:marauder@mildenhall.af.mil). If we randomly pick your name, we'll contact you to get your picks. You have to e-mail each week to be considered for that week.

If you'd like to participate in Gridiron Guru, have your picks ready ... we may be calling you!

Staff Sgt. Dan Scruton, 727th Air Mobility Squadron  
Record: 1-0-0

Cardinals at Cowboys  
Bears at Lions  
Browns at Texans  
Packers at Bengals  
Jaguars at Rams  
Vikings at Panthers  
Raiders at Titans  
Redskins at Giants  
Chiefs at Chargers  
Dolphins at Saints  
Eagles at Broncos  
Bucs at 49ers  
Bills at Patriots  
Ravens at Steelers —  
10-17



SERGEANT SCRUTON

"This time, you're gonna get Scruton-ized!"

Senior Airman Felton Scott, 100th Logistics Readiness Squadron  
Record: 0-0-0

Cardinals at Cowboys  
Bears at Lions  
Browns at Texans  
Packers at Bengals  
Jaguars at Rams  
Vikings at Panthers  
Raiders at Titans  
Redskins at Giants  
Chiefs at Chargers  
Dolphins at Saints  
Eagles at Broncos  
Bucs at 49ers  
Bills at Patriots  
Ravens at Steelers —  
10-21



AIRMAN SCOTT

"The real Gridiron Guru has arrived!"